

WHAT IS CLAIMED IS:

1. A recording and reproducing apparatus for recording/reproducing information into/from a recording medium provided with a first track area where one side wall is wobbled and a second track area where the other side wall at a non-wobbled side in said first track is wobbled, comprising:

a photo-detector, having at least two light receiving sections divided along a track direction, for receiving reflection light from a track by each of said two light receiving sections;

first wobble signal detecting means for detecting a first wobble signal from a difference signal of outputs from the two light receiving sections of said photo-detector;

second wobble signal detecting means for detecting a second wobble signal from a sum signal of the outputs from the two light receiving sections of said photo-detector; and

wobbling polarity judging signal generating means for generating a wobbling polarity judging signal used in judging a wobbling polarity of a track being tracked by comparing phases of said first and second wobble signals detected.

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2. The recording and reproducing apparatus of Claim 1, further comprising track area judging means for judging whether a track area being tracked is a first track area or a second track area based on the wobbling polarity judging signal generated by said wobbling polarity judging signal generating means.

3. The recording and reproducing apparatus of Claim 2, further comprising storage means for storing a correspondence of the wobbling polarity to the track area used as a track judging reference by said track area judging means.

4. The recording and reproducing apparatus of Claim 3, wherein said storage means is a nonvolatile memory.

5. The recording and reproducing apparatus of Claim 1, further comprising recording/reproducing control means for directing to suspend information recording/reproducing into/from the recording medium when the wobbling polarity judging signal generated by said wobbling polarity judging signal generating means is a signal showing an irregular wobbling polarity inversion for an intended track jump.

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6. A recording medium provided with a first track area where one side wall is wobbled and a second track area where the other side wall at a non-wobbled side in said first track is wobbled, further provided with an adjusting area showing a correspondence of a wobbling polarity to a track area.

7. The recording medium of Claim 6, wherein different widths are given to the first track area and second track area in said adjusting area.

8. The recording medium of Claim 6, wherein, in case that the recording medium is a disk, said adjusting area is provided in at least one of innermost and outermost areas of said disk.

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